




Product Spotlight: Eggplant


Eggplant is loved for its creamy texture after cooking. It is commonly known as a vegetable but is actually a member of the berry family!



3 Moussaka with Red Lentils

The Satvik Red Lentil Dhal kit is transformed into Moussaka with mushrooms, eggplant and a lupin crumb topping.

 35 mins

 4 servings

 Plant-Based

2 July 2021

Speed it up!

Instead of roasting the slices of eggplant, save time by roughly chopping it and sautéing with the mushrooms. Instead of assembling in layers, pour the mixture into a roasting dish then add toppings.

Per serve: **PROTEIN** 23g **TOTAL FAT** 17g **CARBOHYDRATES** 50g

FROM YOUR BOX

EGGPLANTS	2
BROWN ONION	1/2 *
MUSHROOMS	400g
RED LENTIL KIT	1 packet
GREEN CAPSICUM	1
CHOPPED TOMATOES	400g
MACADAMIA+HEMP CHEESE	remainder of jar *
LUPIN CRUMB	60g
MESCLUN LEAVES	1/2 bag (100g) *

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, olive oil, salt and pepper, 1 garlic clove, ground cumin, balsamic vinegar, dried oregano

KEY UTENSILS

large frypan, oven tray

NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



1. ROAST EGGPLANT

Set oven to 220°C. Cut eggplants into 1cm thick slices. Arrange on a lined oven tray, coat in **oil**, season with **1 tsp cumin, salt and pepper**. Roast for 10-15 minutes until golden brown, turning the pieces over half way through.



4. ASSEMBLE MOUSSAKA

In an oven dish layer the moussaka in the following order: 1/2 the eggplant, lentil mix, remaining eggplant, dot over cheese, sprinkle lupin crumb, drizzle with **oil**. Roast for 5 minutes until golden brown.



2. SAUTÉ MUSHROOMS

Heat a large frypan over medium-high heat with **oil**. Slice the onion and mushrooms, add to pan as you go. Sauté for 3-5 minutes. Crush **1 garlic clove**, add to pan with **2 tsp oregano**.



5. DRESS MESCLUN LEAVES

Whisk together **1 tbsp olive oil, 1 tsp vinegar, salt and pepper**. Add the mesclun leaves and toss them in the dressing.



3. ADD LENTILS

Pour in the red lentil kit, cook for 2-3 minutes. Roughly chop the capsicum, add to pan as you go. Pour in chopped tomatoes with **1 1/2 cans water, 1/2 tbsp vinegar, salt and pepper**. Cover and simmer for 12-15 minutes until lentils are tender.



6. FINISH AND PLATE

Evenly divide moussaka among shallow bowls, serve with mesclun leaves.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

